



STATE REPRESENTATIVE

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Greeting friends,

I know the topic at the forefront of many minds right now is the budget, and I assure you that I am working diligently to protect your interests in that regard. However, that is not why I am writing to you today. I am reaching out now because your friends and neighbors have been calling and writing to me about the other things going on in their lives that they need help with: Things like the cost of heat, the healthcare grievance process or Social Security questions. I am so happy to be able to help my constituents when they call by connecting them with available resources, and I want to share them with you in case you or someone you love could use them, too. So, based on the calls and emails I have received I have put together some phone numbers you might find useful. Please continue reaching out to me and letting me know what you need.

Best,

Diana

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STONINGTON & NORTH STONINGTON | 43RD ASSEMBLY DISTRICT

HELPFUL SERVICES AND PROGRAMS

OFFICE OF THE HEALTHCARE ADVOCATE - The Healthcare Advocate and his staff provide Connecticut residents statewide with help on a variety of healthcare coverage issues, free of charge. OHA can assist with coverage selection, understanding your benefits and navigating the appeals process. Individuals who need healthcare or have questions/ concerns about their existing coverage and consumer rights, including mental health and substance abuse coverage, can contact the Healthcare Advocate confidentially.

THE PAWCATUCK NEIGHBORHOOD CENTER - PNC is a great local resource for a wide range of programs. There is food assistance, including a food pantry, community garden and weekender backpack food program for kids, as well as supplies for babies, pets, and daily living. There is clothing for each season and for all ages, and energy assistance is available for those who are eligible. Great services for seniors are available and include Meals on Wheels, an annual flu clinic, a blood-pressure clinic and Nurse-Managed Wellness.

CALL THE 2-1-1 INFOLINE - Infoline is a toll-free help line that is available 24 hours a day. It's the confidential, free and multilingual way to locate services in your area. Caseworkers are trained in crisis intervention. Infoline is not for emergency police, fire, or medical assistance.

THAMES VALLEY COUNCIL FOR COMMUNITY ACTION - TVCCA serves New London County in a number of roles including coordination of energy assistance programs to help low and middle income people pay their primary heating bill, "vulnerable" households that have children, elderly or disabled individuals are given priority. The amount of assistance depends upon household income and family size, type of heat source, and whether heat is included in rent. CEAP has a renter's benefit for households whose heat is included in their rent, but CHAP does not.

HEAT AND ENERGY ASSISTANCE

TVCCA Utility Assistance	860-889-1365	www.tvcca.org
Operation Fuel	860-243-2345	www.operationfuel.org

ADDICTION SERVICES

SE Council on Alcoholism & Drug Dependence	860-437-2383	www.scadd.org
Stonington Institute	800-832-1022	www.stoningtoninstitute.com

GENERAL SERVICES

Pawcatuck Neighborhood Center	860-599-3285	www.the-pnc.org
Stonington Social Services	860-535-5015	www.stonington-ct.gov

HEALTH AND DISABILITY

Office of the Healthcare Advocate	866-466-4446	www.ct.gov/oha
Social Security Administration Office	866-643-3401	www.ssa.gov